

Stress Out - Part 1 - Jesus and Stress
April 19, 2020

I have a terrible baptism of suffering ahead of me, and I am under a heavy burden until it is accomplished. - Luke 12:50

Jesus and Stress

1) Jesus got ALONE.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. - Mark 1:35

2) Jesus got AWAY.

Then he said to them, "The Sabbath was made for man, not man for the Sabbath."
- Mark 2:27

3) Jesus got TOGETHER.

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."
- Matthew 26:36-38